

**Important!**

## Spring MOVE! Schedule for Weight Management Group Visits 2009 Salem

If you have questions about the MOVE! Program you can contact us at (503) 220-3482  
or <http://www.visn20.med.va.gov/portland/MC/Move/Index.asp>

Class Date	Class Title	Description	Thursdays	Notes
<b><u>March 2009</u></b> 3/3 and 3/5	<b>What is in your food?</b>	Nutrition	9:30am to 11:30am <b>Conference Room</b>	
3/10 and 3/12	<b>Introduction to the Benefits of Exercise</b>	Physical Activity	9:30am to 11:30am <b>Conference Room</b>	
3/17 and 3/19	<b>Getting and Staying Motivated</b>	Behavior	9:30am to 11:30am <b>Conference Room</b>	
<b><u>April 2009</u></b> 4/7 and 4/9	<b>Strength, Balance and Flexibility</b>	Physical Activity	9:30am to 11:30am <b>Conference Room</b>	
4/14 and 4/16	<b>Trim the Fat</b>	Nutrition	9:30am to 11:30am <b>Conference Room</b>	
4/21 and 4/23	<b>Handling and Reducing Stress</b>	Behavior	9:30am to 11:30am <b>Conference Room</b>	
<b><u>May 2009</u></b> 5/5 and 5/7	<b>Sweets, Snacks and Hydration</b>	Nutrition	9:30am to 11:30am <b>Conference Room</b>	
5/12 and 5/14	<b>Wild Card???</b>	Top Secret	9:30am to 11:30am <b>Conference Room</b>	
5/19 and 5/21	<b>Self-Control and Impulse Control</b>	Behavior	9:30am to 11:30am <b>Conference Room</b>	

Salem CBOC's Spring 2009 Schedule